



CITY OF SAINT PAUL
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2009 Capital City Youth Tackle Football Team Practice Guidelines

Prior to August 3, 2009: All football Clinics and Camps must be Citywide promoted, advertised and can be instructional only.

August 3, 2009 : Organized team football practices may begin without equipment/pads and helmets. No contact allowed.

August 10, 2009 : Organized team football practices with full equipment may begin.

Note: A minimum of 3 days of practice must be without pads before you start full contact practices.



CAPRA Accreditation

AA-ADA-EEO Employer



National Gold Medal Award